

Withdrawal is the physical discomfort caused by giving up nicotine, and many people find replacement products helpful.

These products come in the form of gum, patches, and lozenges that you can buy over the counter. Nasal spray and inhalers containing nicotine are available by prescription. There also are medicines that your healthcare provider can prescribe to help with the discomfort of withdrawal, but they may not be right for everyone. Check with your healthcare provider to decide what is best for you.

### 8. How long does it take to quit?

It may take longer for one person to quit than another. And it may take more than one attempt to quit completely. Your quit coach will help you develop a plan that's right for you. You will start to feel the good effects of not smoking right away—things will taste and smell better, you will breathe easier, and your coughing will begin to stop.

### 9. How do I get started?

When you are ready, call **1-800-QUIT-NOW**. It's just that simple. And remember, it is always a good idea to talk with your doctor about changes that affect your health, like quitting smoking, especially if you are taking medications or are interested in nicotine replacement products.

## Additional Resources

For answers to many other questions and an online guide to help you quit, go to the following Web sites:

**[www.1800quitnow.org](http://www.1800quitnow.org)**

— online resources for quitting smoking or chewing tobacco and information about local quitline services

**[www.smokefree.gov](http://www.smokefree.gov)**

— the National Cancer Institute's online guide to quit smoking

**[www.cancer.gov/cancertopics/tobacco](http://www.cancer.gov/cancertopics/tobacco)**

— the National Cancer Institute's site on tobacco and cancer

**[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)**

— the Centers for Disease Control and Prevention

**1-800-QUIT-NOW  
(1-800-784-8669)**

is a service of the  
National Cancer Institute,  
National Institutes of Health,  
U.S. DEPARTMENT OF  
HEALTH AND HUMAN  
SERVICES  
and your state.

**TTY 1-800-332-8615**



October 2006

# Be a Quitter!



## 1-800-QUIT-NOW

We can help you draw the line.

National Cancer Institute  
National Institutes of Health

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

You already know that smoking causes cancer and many other diseases, such as emphysema and stroke, and you have decided it's time to quit. What should you do now?

**1-800-QUIT-NOW** provides you access to your state quitline, a free service to help people stop smoking or quit other tobacco use. This easy-to-remember, toll-free number puts you in touch with a trained professional in your state. Call to learn about the hours of operation and services of the quitline nearest you.

It's not easy to quit tobacco. Whether you are a smoker or use other forms of tobacco, if you have decided it's time to quit, **1-800-QUIT-NOW** may be able to help you. Research shows that this type of support has helped many people stop using tobacco permanently and improve their health.

## Frequently Asked Questions

### 1. *How can 1-800-QUIT-NOW help me quit smoking?*

Quitting tobacco can be very hard, but with the right support, you can do it. When you call 1-800-QUIT-NOW, you will talk with a real person, called a quit coach, who will work with you to stop smoking or using other forms of tobacco.



### 2. *What will the quit coach do?*

The quit coach will help motivate you to quit. The coach works with each person to develop a personal plan to guide him or her to quit tobacco use. A coach will talk with you on the telephone and help you overcome the things that are keeping you from quitting. You can call the quitline to report your progress, get encouragement, talk about tough situations and hear helpful ways of dealing with quitting when your tobacco urge feels strongest. Coaches will be there for you when you need them.

### 3. *Who are the quit coaches?*

Quit coaches are professionals in your state who are trained to help people stop using tobacco. They understand the situations that make it hard to quit, such as being in places where other people are smoking, and they know ways to help you handle these things. They are supportive and understand that quitting is hard to do.

### 4. *What is a quit plan?*

A quit plan is a personal step-by-step approach for you and a coach to follow to help you stop using tobacco. Your plan will help you get ready to quit. It will identify when you plan to talk with your coach and what you will do when you have a craving, or strong urge, for tobacco while you are quitting. You may identify a special date, your quit date, when you will stop using tobacco products. Every person's quit plan fits his or her situation.

### 5. *What if I have trouble and start smoking again?*

You are not alone. Quitting is not easy, and many people start using tobacco again, especially within the

first 3 months. There may be many situations that tempt you to use tobacco. These are called triggers and include situations such as the following:

- Relaxing after a meal
- Being around other smokers at parties or restaurants
- Driving in the car
- Feeling bored
- Being under stress at work or school

The support of your family, friends, and your quit coach is important as you learn ways to deal with these triggers without smoking. For some people, local support groups also may be helpful.

### 6. *Will quitting make me gain weight?*

Not necessarily. Some people do gain weight, but it is usually less than 10 pounds. Your appetite may increase when you quit, and food may taste better. Some people do eat more or snack because they feel stress when not using tobacco. These things may change once you are used to living without tobacco. This is a topic for you to discuss with your coach or your healthcare provider.

### 7. *What is nicotine replacement therapy?*

Nicotine is the drug in tobacco that causes physical changes in your body that makes you want to use tobacco again and again. This is called addiction. Nicotine replacement products put small doses of nicotine in your body to help relieve the feelings of withdrawal.